

ABSTRACT

Title of bachelor's thesis: Physiotherapy after osteosynthesis of the trimalleolar fracture.

Aims: Concept, execution and evaluation of physiotherapeutic treatment of a patient affected by trimalleolar fracture of the ankle joint.

Methods: The thesis is divided into two parts – theoretical and special. Theoretical part deals with basic principles of functional anatomy, kinesiology, biomechanics and traumatology of the ankle joint. It also includes information about possibilities of treatment – orthopedical (traumatological) and physiotherapeutic. Special part is focused on a case study of a patient with trimalleolar fracture.

Results: Clinical state of the patient after execution of the therapy has improved. The range of movement in disabled ankle joint as well as muscle power of both legs have been increased. Swelling and nociception of the left ankle joint have been reduced.

Key words: physiotherapy, traumatology, case study, ankle joint, trimalleolar fracture, osteosynthesis